



TASK: Create Your Own Vision Board

Your task is to create a beautiful vision board.
It is a fun and a creative way of putting all your DREAMS and GOALS onto paper!

What Is a Vision Board?

A **vision board** is a collection of pictures and words that you arrange on a poster board. The board is displayed in a place where you can look at it every day to spark your motivation and remind you of your **values**, **goals**, or **dreams**. It's filled with things that inspire you or leave you feeling happy! The purpose of your **vision board** is to bring everything on it to life; if you imagine it, it can happen! This exercise helps you think about what you want in life and all the great things you can achieve. Remember: YOU can be anything you want, so don't hold back!



How to Create a Vision Board:

First, think about what you dream about and what you want to do in your life. Then, start gathering photos of those things that match up to your goals and dreams. The final task is to glue the pictures onto your posterboard.

So, what steps do you need to take to create a vision board? It's as simple as cutting out pictures from magazines of things that you like, places you want to visit, what you dream about, or want to do, and then pasting them on a poster board. Look at the example below and read on to see how to get started.



Photo source: <https://simplybessy.com>

Preparation Is Key!

You need to have the materials handy that you're going to use. Here's our recommended list:

- Any size poster board or a letter file folder fully extended open. (Standard poster board is 22x28 inches)
- Magazines to cut out images; pictures or words that represent what you want in your life
- Photos of family members, pets, friends, mentors, and other people that you care about or who inspire you
- Scissors
- Glue sticks
- Colored art pens
- You can even use glitter for some added sparkle!



Tips for Making a Magical Vision Board:

- Include yourself on the board. If you don't have a photo of yourself, use a picture of someone that looks like you. If you have long brown hair, find or draw a picture of a girl with long brown hair to represent YOU!
- Have FUN! Use pictures that make you feel great when you look at them. Ask yourself: how do I feel when I look at this picture?
- Be excited and be inspired. Use pictures to show who you want to be now and in the future.
- Let your imagination run free!
- When you place words on the vision board, be careful not to overlap them too much so you can easily read the words.
- Choose bright colors, or if you like, you can choose a specific color theme such as "pink and purple" or "red, white, and blue" to tie it all together.



Photo source: <https://www.berries.com/blog/how-to-make-a-vision-board>

Set Up:



Now that you have your supplies ready, clear a space for creating your board. Use a kitchen table or a space large enough to hold your board and supplies. Be sure to pick a place where you can leave your board for a few days, if need be.



A GLAM girl works on her vision board

With your dreams and goals in mind, start looking through magazines, find the pictures that you like, and cut them out.

Once you have a stack of pictures, **WITHOUT** using the glue, arrange the pictures and words on the poster board in a way you think looks nice.

After you've arranged your pictures as you like them, use a glue stick to paste your pictures onto the poster board one at a time.

Once all the pictures are glued in place, you can use colored markers to add more color or more words.

Write your name and the date, including the year, on the back of the board. It can be fun to look back on what you wanted in the past, and to see what goals and dreams come true.

Once you've completed your vision board, you'll be able to proudly hang it up on display.

By visualizing (imagining by seeing) your dreams and goals every day, you can help make your dreams and goals come true – that's why we like to call it a magical vision board.

Think BIG and Dream BIG! This is your wonderful life!



Your vision board will remind you every day of your hopes and dreams. We want you to smile every time you look at your finished vision board. You are making your dreams come true by imagining that you have achieved them already!



You can include anything that is important to you on your vision board, including ideas about:

- Family • Friends • Community • Dreams • Fun • School
- Health • Spirituality • Animals/Pets • Nature • Goals • Anything!

Show Your Work!



Be sure to proudly hang your vision board where you can see it every day!



Photo source: biglifejournal.com

We would love to share your vision board through GLAM social media channels. Please take a photo of yourself with your completed vision board. Be sure to catch all corners and email it to Team GLAM at glamsquad@glam-readytolead.com. By doing so, you agree to allow us to post your vision board anonymously on our website and other public platforms.

Thank you from Team GLAM!



Girls sharing their vision boards at a live GLAM event

